

SACE STAGE 2 NUTRITION BASICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://sacestage2nutritionbasics.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Which type of sugar is prevalent in milk?**
 - A. Glucose
 - B. Galactose
 - C. Fructose
 - D. Sucrose
- 2. What type of enzyme is trypsin?**
 - A. Amylase
 - B. Lipase
 - C. Protease
 - D. Peptide
- 3. Which nutrient class is primarily responsible for growth and repair in the body?**
 - A. Vitamins
 - B. Minerals
 - C. Carbohydrates
 - D. Proteins
- 4. What are common examples of triglycerides?**
 - A. Proteins and carbohydrates
 - B. Fats and oils
 - C. Vitamins and minerals
 - D. Simple sugars
- 5. Which vitamin is primarily responsible for vision?**
 - A. Vitamin B12
 - B. Vitamin A
 - C. Vitamin C
 - D. Vitamin D
- 6. Which vitamin is known for its role in vision?**
 - A. Vitamin A
 - B. Vitamin C
 - C. Vitamin D
 - D. Vitamin K

7. Which of the following organs is NOT involved in digestion?

- A. Mouth
- B. Heart
- C. Stomach
- D. Intestines

8. Which vitamin is classified as fat-soluble?

- A. Vitamin D
- B. Vitamin C
- C. Vitamin B12
- D. Vitamin K

9. Which of the following is a feature of a food intolerance?

- A. Immediate allergic reaction
- B. Long-term health issues
- C. Gastrointestinal issues
- D. Skin rashes

10. How is glucose best defined?

- A. A complex carbohydrate
- B. A simple sugar
- C. An oligosaccharide
- D. A polysaccharide

Answers

SAMPLE

1. B
2. C
3. D
4. B
5. B
6. A
7. B
8. A
9. C
10. B

SAMPLE

Explanations

SAMPLE

1. Which type of sugar is prevalent in milk?

- A. Glucose
- B. Galactose**
- C. Fructose
- D. Sucrose

The sugar that is prevalent in milk is galactose. Galactose is one of the two monosaccharides that combine to form lactose, the primary sugar found in milk. Lactose is crucial for providing energy, especially to infants, as it aids in the absorption of calcium and other nutrients. When lactose is digested, it is broken down into glucose and galactose, but galactose remains significant as a component of lactose itself in milk. Understanding the role of galactose in dairy products is essential for studying nutrition, particularly regarding lactose intolerance and dietary recommendations for individuals who are unable to digest lactose effectively.

2. What type of enzyme is trypsin?

- A. Amylase
- B. Lipase
- C. Protease**
- D. Peptide

Trypsin is classified as a protease, which is an enzyme that breaks down proteins into smaller peptides or amino acids. This process is essential for the digestion of dietary proteins, allowing the body to absorb and utilize the amino acids for various functions, such as building and repairing tissues or producing hormones. Proteases like trypsin specifically target peptide bonds within protein molecules, cleaving them to facilitate their breakdown. Trypsin is produced in the pancreas and is secreted into the small intestine, where it acts on the proteins present in food. The other types of enzymes mentioned in the choices serve different functions. Amylase is responsible for breaking down carbohydrates into simpler sugars. Lipase is an enzyme that targets fats and oils, breaking them down into glycerol and fatty acids. Peptide refers more to the product of proteolytic activity rather than a class of enzymes. Thus, recognizing the function and classification of trypsin as a protease is essential for understanding its role in the digestive system.

3. Which nutrient class is primarily responsible for growth and repair in the body?

- A. Vitamins
- B. Minerals
- C. Carbohydrates
- D. Proteins**

Proteins are the nutrient class primarily responsible for growth and repair in the body due to their fundamental role in building and maintaining tissues. They are made up of amino acids, which are the building blocks of muscle, skin, organs, and various bodily structures. When the body undergoes growth, such as during childhood or after an injury, proteins are essential for repairing damaged tissues and synthesizing new cellular structures. Additionally, proteins play critical roles in numerous physiological functions. They are involved in the production of enzymes and hormones and are essential for immune function. Given these roles, a diet sufficient in protein is crucial for anyone looking to support bodily growth and repair processes effectively. This differentiates proteins from vitamins, minerals, and carbohydrates, which serve different functions in the body, such as providing energy or supporting metabolic processes, rather than directly contributing to tissue growth and repair.

4. What are common examples of triglycerides?

- A. Proteins and carbohydrates
- B. Fats and oils**
- C. Vitamins and minerals
- D. Simple sugars

Triglycerides, which are the most common type of fat found in the body, are composed of glycerol and three fatty acid chains. They function as a major energy source and are stored in adipose tissue for later use. Common examples of triglycerides include fats and oils, as both are primarily made up of triglycerides and serve as important sources of energy. Fats are typically solid at room temperature, whereas oils are liquid, but both fall under the category of triglycerides due to their chemical structure. Proteins and carbohydrates do not have the same composition as triglycerides, nor do vitamins and minerals or simple sugars, making those options less relevant to the question about examples of triglycerides.

5. Which vitamin is primarily responsible for vision?

- A. Vitamin B12
- B. Vitamin A**
- C. Vitamin C
- D. Vitamin D

Vitamin A is primarily responsible for vision because it plays a crucial role in the functioning of the retina, where it is converted into a compound called retinal. Retinal is essential for the formation of rhodopsin, a light-sensitive pigment found in the rods of the retina that allows us to see in low light conditions. In addition to its role in vision, vitamin A is also vital for maintaining the health of various tissues in the body, including the skin and mucous membranes. The importance of vitamin A in vision is evident in conditions such as night blindness, which can occur due to a deficiency, highlighting its key role in maintaining proper eyesight. This makes vitamin A a critical nutrient for overall visual health.

6. Which vitamin is known for its role in vision?

- A. Vitamin A**
- B. Vitamin C
- C. Vitamin D
- D. Vitamin K

Vitamin A is well-known for its critical role in vision. This vitamin is essential for the formation of rhodopsin, a pigment in the retina that allows the eyes to adjust to light and see in low-light conditions. Additionally, Vitamin A is involved in the maintenance of the cornea, the outermost layer of the eye, which is crucial for protecting the eye and facilitating good vision. When there is a deficiency of Vitamin A, it can lead to vision problems, including night blindness, where an individual finds it difficult to see in dim light. The importance of Vitamin A in this context underscores its value not only for eye health but also across several bodily functions, emphasizing that an adequate intake is vital for maintaining good vision.

7. Which of the following organs is NOT involved in digestion?

- A. Mouth
- B. Heart**
- C. Stomach
- D. Intestines

The heart is not involved in the digestion process. The primary function of the heart is to pump blood throughout the body, delivering oxygen and nutrients to tissues and organs while removing waste products. In contrast, the mouth, stomach, and intestines play significant roles in digestion. The mouth is the starting point for digestion where food is mechanically broken down by chewing and mixed with saliva, containing enzymes that begin to break down carbohydrates. The stomach further processes food using gastric juices, which contain acids and enzymes to break down proteins. The intestines then continue the digestive process, absorbing nutrients and water from the food as it passes through. Understanding the specific functions of these organs highlights why the heart is not associated with the digestive system. It focuses on circulation and does not engage in the chemical or mechanical processing of food.

8. Which vitamin is classified as fat-soluble?

- A. Vitamin D**
- B. Vitamin C
- C. Vitamin B12
- D. Vitamin K

Vitamin D is classified as a fat-soluble vitamin, which means it can be stored in the body's fatty tissues and liver. This distinguishes it from water-soluble vitamins, which are not stored in the body to the same extent and require regular intake through diet to maintain appropriate levels. Fat-soluble vitamins, including Vitamin D, are absorbed along with dietary fats through the intestinal tract. They play essential roles in various bodily functions; for instance, Vitamin D is crucial for maintaining bone health because it enhances calcium absorption in the gut. It is synthesized by the body when the skin is exposed to sunlight, but can also be obtained from dietary sources such as fatty fish, fortified foods, and supplements. Understanding the classification of vitamins as fat-soluble or water-soluble helps in comprehending how the body processes and utilizes these nutrients. Fat-soluble vitamins can remain in the body longer, which affects dietary recommendations and potential toxicities associated with excessive intake.

9. Which of the following is a feature of a food intolerance?

- A. Immediate allergic reaction
- B. Long-term health issues
- C. Gastrointestinal issues**
- D. Skin rashes

A food intolerance is characterized by difficulty digesting certain foods, which often results in gastrointestinal issues. This can manifest as symptoms such as bloating, gas, diarrhea, and abdominal pain after consuming the offending food. Unlike food allergies, which typically trigger an immediate immune response and can result in rapid reactions, food intolerances generally produce symptoms that develop more gradually, often making them less immediate but still uncomfortable. Gastrointestinal symptoms are the hallmark of food intolerances, distinguishing them from the other choices. For example, immediate allergic reactions are associated with food allergies rather than intolerances, which typically do not provoke the immune system in the same way. Similarly, while long-term health issues can arise from consistent consumption of a food one cannot tolerate, they are not a defining feature of the intolerance itself. Skin rashes are more commonly linked to food allergies, where an immune response might lead to such symptoms, rather than the digestive issues central to a food intolerance.

10. How is glucose best defined?

- A. A complex carbohydrate
- B. A simple sugar**
- C. An oligosaccharide
- D. A polysaccharide

Glucose is best defined as a simple sugar, which is scientifically categorized as a monosaccharide. Monosaccharides are the most basic form of carbohydrates, consisting of single sugar molecules that cannot be hydrolyzed into smaller carbohydrate units. Glucose, specifically, is a key source of energy for cells and is crucial for various metabolic processes in the body. Understanding glucose as a simple sugar highlights its role in providing immediate energy and serving as a building block for more complex carbohydrates. For instance, glucose can be linked together to form disaccharides like sucrose or maltose, or polysaccharides like starch and glycogen. The classification of glucose as a simple sugar also differentiates it from more complex carbohydrates, which consist of longer chains of sugar units and require additional steps for digestion and absorption in the body.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://sacestage2nutritionbasics.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE